

Attunement Through The Body

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What is Embodied Attunement? Why is it Important in ...
It can help you work out what you need physically - and emotionally. The emotions are always felt in and through the body. Sometimes your moods are subtle, on the hazy horizon of your felt-sense, but learning what they feel like in your body is a first step on making the changes that you want to make for a healthier, more satisfying life.

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Attunement Through the Body — FCMA

Attunement is the practice of opening thought and feeling to the source of wisdom and love which is within all people, increasing the flow of life-giving energy through the body, into the world. Attunement is an energy medicine practice and a consciousness practice. So it is both the shared generation of life energy between two people, promoting health and wellbeing, and also a daily practice of spiritual centering and flow.

Attunement - Healing From Within Attunement

Attunement Through the Body: Nagatomo, Professor of Comparative Philosophy and East Asian Buddhism Shigenori:
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Attunement allows a person to tap into the powerful pulse of universal creative energy—the cosmic Aum that brings peace. Om Shanti. They tune into the drumbeat of the universe. Now that drumbeat is constantly moving into the energy field of their physical body and their feeling realm.

The Release of Power Through the Human ... - attunement.org

Attunement Through Body. Preparatory to restoring humaneness, Attunement Through the Body offers an innovative, philosophical model for overcoming mind-body dualism and its negative consequences through a systematic elucidation of the concept and the phenomenon of attunement. It invites readers to re-evaluate an undue emphasis placed on the ...

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Once given, an attunement is located in one of seven positions on the body. Each spire has different attunements and each attunement grants the person with it (referred to as an attuned) different abilities. It is commonly believed that attunements are given by the goddess Selys or by one of her six Visages.

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body dualism and its negative consequences through a systematic elucidation of the concept and the phenomenon of attunement. It invites readers to re-evaluate an undue emphasis placed on the cognitive, intellectual knowledge in the West. The book examines the concept of the lived body and then articulates the transformative dimension of our everyday mode of living our bodies vis-a-vis Yuasa Yasuo's concept of body-scheme, demonstrating that the unity disclosed can be brought to a higher degree. The book further describes the transformative dimension of our bodies in theoretical and practical aspects through the concept of the body emerging in the course of meditational self-cultivation that was practiced by Dogen Kigen, a medieval Japanese Zen master. It then develops an original philosophical theory that differs from various Western theories such as Idealism, Empiricism, and Materialism. This theory articulates modes of attunement reflecting degrees of somatic knowledge. The theory implies a lifestyle appropriate for the coming century.

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This book is an inquiry into ki-energy, its role within Eastern mind-body theory, and its implications for our contemporary Western understanding of the body. Yuasa examines the concept of ki-energy as it has been used in such areas as acupuncture, Buddhist and Taoist meditation, and the martial arts. To explain the achievement of mind-body oneness in these traditions he offers an innovative schematization of the lived body. His approach is interdisciplinary and cross-cultural, offering insights into Western philosophy, religion, medical science, depth psychology, parapsychology, theater, and physical education. To substantiate the relationship that ki-energy forms between the human body and its environment, Yuasa introduces contemporary scientific research on ki-energy in China and Japan, as well as evidence from acupuncture medicine and from the experience of meditators and martial arts practitioners. This evidence requires not only a rethinking of the living human body and of the mind-body and mind-matter relation, but also calls into question the adequacy of the existing scientific paradigm. Yuasa calls for an epistemological critique of modern science and explores the issue of the relation of teleology to science.

This book explores mind-body philosophy from an Asian perspective. It sheds new light on a problem central in modern Western thought. Yuasa shows that Eastern philosophy has generally formulated its view of mind-body unity as an achievement a state to be acquired--rather than as essential or innate. Depending on the individual's own developmental state, the mind-body connection can vary from near dissociation to almost perfect integration. Whereas Western mind-body theories have typically

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asked what the mind-body is, Yuasa asks how the mind-body relation varies on a spectrum from the psychotic to the yogi, from the debilitated to the athletic, from the awkward novice to the master musician. Yuasa first examines various Asian texts dealing with Buddhist meditation, kundalini yoga, acupuncture, ethics, and epistemology, developing a concept of the "dark consciousness" (not identical with the psychoanalytic unconscious) as a vehicle for explaining their basic view. He shows that the mind-body image found in those texts has a striking correlation to themes in contemporary French phenomenology, Jungian psychoanalysis, psychomatic medicine, and neurophysiology. The book clears the ground for a provocative meeting between East and West, establishing a philosophical region on which science and religion can be mutually illuminating.

Practised for over 60 years, attunement therapy promises a breakthrough in the relations between traditional and alternative medicine because its results are observable, measurable and repeatable. It links the physical organs to the body's subtle energies, and uses the higher capacities of both the therapist and patient to promote health and energize healing.

In this work, a distinguished international group of philosophers offers critical assessments of eminent philosopher J. N. Mohanty's work on phenomenology and Indian philosophy. The concluding chapter by Mohanty responds to the critics and contains his assessment of his own philosophical position.

The Spiritual Nature of the Physical Body, Anatomy & Physiology for Attunement Practitioners looks at traditional anatomy and physiology through the perspective of healing energy. It is both a text book for practitioners of Attunement, a spiritual healing

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method, and a deep examination into the spiritual-energetic mechanism behind human form. The author has written other books on Attunement including Attunement, The Sacred Landscape and Keepers of the Flame, A History of Attunement.

Integrating Western psychological understanding with ancient Eastern and wisdom traditions, Siegel addresses how spiritual resonance is achieved within the psychotherapeutic process in *The Sacred Path of the Therapist*. Readers will learn how mindfulness practices and attunement can help them move clients toward recovery and beyond, allowing full potential to emerge within a shared coherent field of awakening consciousness. Topics include translating transpersonal theory into practice, understanding the human energy field, and the integration of psychotherapy and spiritual initiation. Drawing from her unique experiences working with master shamans as well as practicing as a psychotherapist, Irene Siegel discusses the evolving role of the therapist as both therapist and healer. Shamans are ancestral teachers, guides to nonordinary realms of consciousness and a divine cosmic whole within silent sacred spaces. Using lessons from native shamanic tradition and the evolving field of transpersonal psychology, both healer and client will learn to access the innate inner wisdom and healing potential within themselves through guided meditation exercises within moment-by-moment sacred space. The expanding content and context of therapy blends the two worlds: the clinical world and the world of the shaman.

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